

Is Work Making You Fat?

by Kat Carney

(NAPSA)—Whether it's the tall vanilla latte you grab on your way into work, the donuts served at your morning meeting or the pizza that your boss orders because there is no time to take a lunch, working can be a very fattening proposition. As CNN Headline News health anchor for more than three years, my work routine certainly helped me put on the pounds. I spent my days doing research at a computer, writing and broadcasting on-air in a busy studio environment.

The irony was that as a health reporter, I was covering every weight loss method in the book. I tried countless programs but just couldn't find one that fit into my busy lifestyle. Finally, after struggling with my weight for years, I have taken off 41 pounds and feel great. I discovered NutriSystem.com.

Here are some work place tips that I learned along the way that can benefit anyone who wants to lose weight and feel great.

- Eat a balanced breakfast

Like mom said, breakfast is the most important meal of the day. To make things easier, write out several easy-to-prepare meals so you don't have to think about what to eat. Better yet, stock up on healthy, prepackaged, "grab & go" breakfast options. Using NutriSystem foods made this really easy for me to do.

- Plan your lunches ahead of time.

When you fail to plan, you plan to fail. Whether you plan your lunches the night before, or even over the weekend, having a plan will help you avoid diet-disasters at work.



Former CNN Headline News Health Anchor Kat Carney went from size 16 to size 8 within four months.

- Keep healthy, single-serving snacks in your office.

Don't starve yourself during the workday. Make it easy to have a healthy "pick me up."

- Find ways to sneak in extra physical activity. Park further from the building. Walk to your co-worker's office rather than sending an e-mail. Don't keep a trash can near your desk (so you have to get up each time you need to throw something away). Take a walk around the building during your lunch hour.

- Stay hydrated throughout the day.

Keep a large bottle of water at your desk and sip throughout the day. Maybe add a slice of lemon or lime.

For other great tips and free weight loss counseling, go to NutriSystem.com.

• *Ms. Carney was CNN Headline News health anchor for three years.*